Ujjayi Swaas and Breath of Brahma

Ujjayi Swaas of Yoga is the breath of Brahma or victorious breath. Rechaka, Pooraka and Kumbhaka of Yoga is derived from this breath only

The diamond white (or silvery white) light that was proven on the high a part of each sphere (universe) is the pristine divinity of macro-impartial etheric field of the universe (i.e. Sarva-Sam Awastha of Maa Shakti) …

Unless an aspirant adopts the path of macro-equanimity or equanimity in the direction of all that ever is or may ever be, the aspirant can by no means self-notice the discussions of this matter and its painted state and thus such aspirants would also never be capable of attain the excessive advanced state of a Yoga Chakravartin and the further state of being an Avadhoot of a universe